

YOUNG WOMEN

Young women aged 25-34 are the most likely age cohort to experience homelessness, making up 21% of all homeless women on Census night in 2016. Our research shows that young women, specifically those identifying as Gen Z and Gen Y, are experiencing mental health issues and stressors in different aspects of their life. This is especially true for areas such as finances, health and housing, and also true in areas such as family, work, friendships and personal safety.

Young women who feel stressed about housing (as three in ten do) often say that their mental health and wellbeing is further impacted because of their housing and/or financial situation. The full extent of their concerns is demonstrated in the table below where they are more likely to:

- Live in unsuitable housing than older women
- Be stressed about housing and accommodation costs
- Experience greater financial struggle
- Experience homelessness or live in temporary housing
- Have mental health issues impact on their housing and financial situation

	Gen Z	Gen Y	Gen X	Boomers	Builders
Housing suitability					
Their current housing situation is not suitable and appropriate for them	25%	21%	19%	12%	15%
Their home is not a positive environment for them	17%	16%	12%	9%	10%
Housing stress					
They are very/extremely stressed about housing and accommodation	29%	33%	29%	17%	8%
They are concerned about the cost of housing.	50%	50%	45%	36%	25%
Experiences of financial struggle					
They have asked for financial help from friends or family in the past 12 months	54%	57%	45%	22%	15%
They have gone without meals in the past 12 months to pay for their rent or mortgage	38%	35%	36%	20%	13%
Experiences of homelessness and temporary housing					
They have lived temporarily with friends or relatives in the past five years because they were unable to afford the private rental market	27%	22%	10%	6%	4%
They have been homeless in the past five years	25%	20%	12%	5%	4%
They are currently homeless	1.8%	3.2%	1.4%	1.0%	0.0%
They know at least one woman who is homeless	30%	21%	24%	13%	2%
Mental health					
They have had mental health issues impact on their financial and housing situation	56%	41%	37%	25%	7%

This excerpt is from the report **Women’s Housing Needs in Regional Australia** accessible at ywcahousing.org.au/research

